North Herts

Education Support Centre

| Course Title |
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| **KS3 Food Technology** |
| **Overview** |
| In food technology lessons, students are given the opportunity to understand and apply the principles of nutrition and health. They follow a curriculum that introduces them to the function of ingredients and enables them to cook a repertoire of sweet and, predominantly, savoury dishes so that they are able to feed themselves and others a healthy and varied diet. Students have the opportunity to cook a range of seasonal dishes and key events throughout the year such as Chinese New Year, Easter and Christmas are incorporated into lessons. Students will also learn about foods related to religious festivals around the world. The aim is for them to become competent in a range of cooking techniques, for example: selecting and preparing ingredients; using utensils and electrical equipment safely; applying heat in different ways; using awareness of taste, texture and smell to decide how to season dishes, combine ingredients and broaden their sensory experiences. They will be adapting and using their own recipes, building confidence in the kitchen and prepare them for life in their own kitchen and to enjoy and develop a love of cooking through making wide variety of dishes and learning about the nutritional aspects of food.<br><br>Students will be made aware of sustainability of foods and also the carbon footprint and the advantages of using products in season. Students will also be made aware of The 'Red Tractor' kite mark when buying meat and Fairtrade products.<br><br>They will also learn the basics of the hospitality industry that could then lead them on to aspiring chefs, restauranteurs or other employment opportunities within the hospitality and catering industry after KS4.<br><br>Y9 students have the opportunity to complete a BTEC Level 1 Home Cooking Skills qualification |
| **Outline of the Course** |
| Students will be introduced to basic cooking skills by following recipes for simple dishes and learning how to use kitchen equipment safely. Each recipe is underpinned with knowledge about sourcing food, nutrition, hygiene and food safety where relevant. Students will demonstrate their skills by following a recipe. Students will consider the value of acquiring skills for cooking at home and explore ways to pass on their knowledge of cooking skills to others. This subject aims to give students the skills and confidence to enjoy cooking at home, to continue cooking for themselves and their families and to inspire others to do so. Students will gain skills on how to evaluate their dishes each week using correct terminology and a full range of describing words.<br>Students will take part in a 'project' each term focusing on products suitable for the time of year. |
| **Assessment details** |
| Assessment criteria as follows:<br>Select and prepare ingredients for a recipe<br>Use cooking skills when following a recipe<br>Demonstrate food safety and hygiene throughout the preparation and cooking process<br>Reflect on own learning about the value of gaining cooking skills<br>Identify ways to pass on information about home cooking |
| **Staff Roles** |
| Teacher – Mrs Star<br>Head of Food – Miss Robinson |

| Equipment/Health and Safety |
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| All equipment and Ingredients needed for Food Technology will be provided by NHESC |
| **How will it be examined** |
| The course is assessed through coursework (externally moderated) Y9 students only. |
| **Appeals process** |
| https://qualifications.pearson.com/en/campaigns/summer-2021-support/appeals-2021.html |

| Curriculum Plan | |
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| This table sets out the intended curriculum plan for Food Technology in Key Stage 3. The plan for each upcoming half term is reviewed in advance based on the progress that has been made, while also taking into account the contrasting needs of individuals within each cohort and the impact of external factors on their learning. Students in Y9 work towards achieving the BTEC Level 1 Home Cooking Skills qualification in the Spring Term | |
| **KS3** | |
| **Autumn 1**<br>Select and prepare ingredients for a recipe<br>Use cooking skills when following a recipe<br>Demonstrate food safety and hygiene throughout the preparation and cooking process | **Autumn 2**<br>Select and prepare ingredients for a recipe<br>Use cooking skills when following a recipe<br>Christmas themed dishes<br>**Project: Christmas Cakes**<br>Students will make a rich fruit cake and cover with marzipan and royal icing then spend a lesson designing their cakes which they will decorate the following lesson. They will then evaluate their cakes. |
| **Spring 1**<br>Select and prepare ingredients for a recipe<br>Use cooking skills when following a recipe<br>Chinese New Year<br>**Project: Build a burger**<br>Students will over a number of weeks produce their 'perfect burger combination' they will make a selection of different burgers, buns, relishes and side dishes and in their final assessment they will independently recreate their favourites from each category. They will then evaluate their burgers. | **Spring 2**<br>Select and prepare ingredients for a recipe<br>Use cooking skills when following a recipe<br>Students will start to learn about functions of ingredients and create dishes to demonstrate these functions e.g. Coagulation, aeration, setting etc.<br>Easter themed products / dishes<br>Independent cooking assessment |
| **Summer 1**<br>**Project: Music Festival foods**<br>Students will research types of foods served at Music festivals they will create a power point and then produce a sweet and savoury dish and Evaluate.<br><br>Students will learn about 'special diets' and will create dishes to demonstrate this and take part in taste testing's to help evaluate. Special diets covered will include: Gluten free, Vegan, Diets for young/old people what are the similarities? Lactose free and diabetics. | **Summer 2**<br>Reflect on own learning about the value of gaining cooking skills<br>Identify ways to pass on information about home cooking (BTEC Home Cooking Skills L1 for all Y9s)<br><br>Select and prepare ingredients for a recipe<br>Use cooking skills when following a recipe<br><br>Students will continue with Functions of ingredients.<br>Y9 Transition to Y10 if appropriate |